

# NEW PIONEERS NEWSLETTER

Created for Pioneers and Volunteers



## Welcome

Hello and welcome to the June edition of the New Pioneers newsletter. We would like to thank all of our pioneers, volunteers, and brokers for their continued efforts and success with their individual journeys.

This month's newsletter will have a special focus on being more active, especially as the weather gets warmer,

Please contact your broker ASAP if you would like to join any of the courses advertised in this newsletter. Thank you.



## Stay Connected



Our website can be found at [www.newpioneersproject.co.uk](http://www.newpioneersproject.co.uk)

Join our Facebook group  
New Pioneers

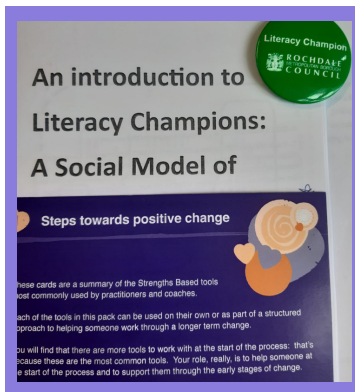
For pictures and information about events

Ask your broker if you wish to be added to our WhatsApp group where we share pictures, ideas and generally chat.





# Positive news stories



Kabir Miah has recently passed his Level 2 in Education and Training with WEA, he is now a Community Champion and volunteers 2 days a week at Heywood library. This will enable him to undertake his level 3 IAG qualification to help him get his dream job as an ESOL tutor. Before becoming a pioneer, Kabir had not worked for many years due to mental health issues. He now calls his broker Suzan a superstar for helping him sort out his life, well done Kabir!

Joanna Jancon, 39, has always dreamed about working in a nursery or school but having two children she always put their needs first and ended up doing some jobs she didn't really like such as warehouse work, cleaning, and personal care. As her children got a little older, she started thinking about her future and goals, she decided to lose weight and lost 32 kg in 7 months, this improved her confidence massively. She applied to 26 nurseries and was not accepted by any of them, but she refused to give up. She decided to go to the Heywood Hub and ask for help. This is where she met her broker, Aggy, they spent 3 hours setting up an action plan. After 2 months of work preparation including interview techniques, she managed to secure a position at a local nursery. Congratulations Joanna ♥



Joshua Emmott is a single Dad of 2 and had worked in care previously until unforeseen circumstances let him without a job and living with his parents.

Joshua was the administrator of 'Heywood Acts of Kindness' - a page supporting Heywood residents experiencing food deprivation or poverty, until he was left unable to administrate it. He signed up to the New Pioneers Programme as he wanted a career change and needed support with rehousing.

He had two long term aspirations: He wanted to train as a HGV driver and eventually, own his own home. Joshua's broker, Nicola, sourced a funded HGV Level 2 course. This course had limited spaces but out of over 11000 applicants he was lucky enough to enrol with Mantra Training. He is halfway through this 13-week course. Due to NPP, Joshua is currently training towards his dream job and is hoping to find a home of his own for him and his 2 sons soon.



The women's group enjoyed going for a walk to the wildlife sanctuary at Healy Dell nature reserve and the sun was out. This walk promoted mindfulness and it was full of positive energy and fun. The ladies also tried meditation and stress reduction exercises set by Daisy Silva. Paying attention to surroundings such as the sound of waterfalls, tree leaves, and birds can help to improve mental wellbeing. Having a nice, healthy meal is an ideal way to unwind after such an active day.



# Great Pioneer Achievements



Brian Pearson who is a Dad of two, was referred to the New Pioneers Project to get some support after being unemployed for several years. Career broker, Mark Whittaker said that it was clear when he first met Brian that he wanted to work but needed some help to remove several personal barriers.. After several weeks, Brian became confident enough to attend interviews and secured a permanent role with local employer, Frank Blakeley and Son Ltd in Heywood, this changed his life for him and his children. Brian said “ I value being given a chance via the New Pioneers. Since starting employment, I feel more confident and valued that I have something to offer others. The team at Frank Blakeley and Son Ltd have been supportive and helpful. It’s a lovely place to work with a friendly team. I appreciate this opportunity and I’m looking forward to the future” Director, Alex at Frank Blakeley and Son Ltd said “Brian has been a great addition to the team, and we have managed to find a way for him to make his work/life balance right – as a single parent Brian made it very clear at his interview that this was important. I have seen Brian’s confidence increase and while he still needs some guidance, he is improving each shift” The project is very proud of his journey of self-development and self-belief. Well done Brian!

A big shout out to the following people for their efforts!  
Joanna Sobecka, John Ezeh, and Lisa Armstrong.

Grow with Google  
**Applied Digital Skills**  
Certificate of Completion  
THIS CERTIFIES THAT  
**Alice Hardaker**  
HAS COMPLETED  
**Create a Budget in Google Sheets**  
AWARDED ON  
**Mon 13th June 2022**

aat  
This is to certify that  
**Victoria Clancy**  
AAT ID: 2020/0174  
HAS BEEN AWARDED  
**AAT Access Award in Bookkeeping - Level 1**  
603/1308/0  
AWARDED  
**19 May 2022**  
ofqual  
REGULATED  
Certificate Number: 13963/0

Laser Learning Awards  
This is to certify that  
**Josh Ryan Campbell**  
has achieved the following Qualification  
**LASER Level 2 Award for Door Supervisors in the Private Security Industry (Top up)**  
Qualification Approval No: 6027/2008/1  
Learner ID: 1320202  
Award Date: 18 May 2022  
Certificate No: 6027/001/21  
ofqual  
REGULATED  
Certificate Number: 13963/0

Katarzyna Bardel  
AAT ID: 2020/0174  
HAS BEEN AWARDED  
**AAT Access Award in Accounting Software - Level 1**  
603/1306/7  
AWARDED  
**21 April 2022**  
ofqual  
REGULATED  
Certificate Number: 13963/0

**A+**

Katarzyna Bardel has achieved a Level 1 award in Accounting software, with the help of her broker Aggie, she passed with flying colours!

Congratulation also to Anna Moryc, Damion Tysakowski, Yulia Asadora, Yana Martuneukl, John Ezeh, Mark Wilson and Aliesha White on their success into employment.



# How can I become more active?

Anyone can become more active and spend more time outdoors, regardless of your current fitness level, there will be something you can do!

Going outdoors and being more active doesn't just have great effects on your physical health, but also helps reduce anxiety, depression, and stress.

It is recommended that adults get at least 30 minutes of exercise daily, so what better way to spend it than in the great outdoors?



Below are some ideas of free or very low-cost ways you can spend more time outdoors and become more active while still having fun.

Go cycling along a local nature trail

Offer to walk a neighbour or friends dog around the local park for them

Go swimming at the local swimming pool- try to go midweek when prices are cheaper

Go hiking and take a picnic with you to eat halfway into your journey

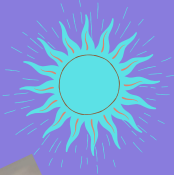
Try going camping with friends or family and spend the night outdoors

Try gardening-planting flowers and vegetables, this costs very little and gives great rewards

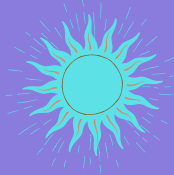
Try geocaching-look online to see where the local treasure hunts are.

Volunteer outdoors with nature and environmental organisations. Get healthy and make a difference!





# Activities in June



Evening IT courses with Paul  
 6pm-8pm  
 Spotland Community Centre  
 Wednesday-FULLY BOOKED  
 Back O'th Moss Community Centre  
 Monday-Spaces Available



## Spotland Community Centre

Numeracy with Pioneer Andy - preparing for Level 1 functional skills-  
 Monday 10 am till 12 pm

Literacy with Andy- Tuesdays 10 am to 12 pm

Women's Group- Wednesday from 10 am to 12



Sewing group - Tuesdays 10 am to 12 pm  
 ( use of sewing machines)

Craft Club Monday 1pm-3pm



## Heywood

Mondays - 10 am till 12 pm - Darn Hill library - Basic IT/literacy.

Tuesday 10am-12pm-Womens group- Heady Hill Community Centre



## May Recap



In May we celebrated the Queen's jubilee at Spotland Community Centre, we had many attendees and a local Councillor join us, she also made a speech about how great events like this are for the community, and we all had a fantastic time. Brokers and Volunteers got together to prepare a delicious choice of finger foods and cake, thank you to everybody who came along, we always put pioneers at the center of everything we do.

# Important Contacts

**Rochdale AFC Community Trust**  
**Dale vs Hunger food pantry**  
**The Crown Oil Arena, Sandy Lane**  
**OL11 5DR**

**Static bus outside the ground**  
**Mon-Fri 9.30am-4.30pm**  
**01706643836**

**Samaritans**  
**116 123**

**Milnrow Wellbeing Café**  
**Butterworth Hall, New Street, Milnrow,**  
**OL16 3PQ**  
**Tel: 01706 249100**

**Citizens Advice Rochdale**  
**Freephone: 0808 278 7803**

**Petrus Day Centre**  
**Emergency Food Parcels and Vouchers**  
**73 Great George Street**  
**Rochdale OL16 1QG**  
**01706526289**  
**<http://www.petrus.org.uk/>**

**Advocacy in Mind**  
**for people aged 18-65 years with mental health issues.**  
**3-11 Drake Street**  
**Rochdale**  
**OL16 1RE**  
**Tel: 01706 752344**

For information about the Digitech library  
email Vicky Burgess  
[Vicky.Burgess@Rochdale.Gov.UK](mailto:Vicky.Burgess@Rochdale.Gov.UK)

**Heywood food bank**  
**OL10 4HE**  
**07396071193**  
**Mon-Fri 10-12**

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## Coming up...

**Music lab**  
**Starting Tuesday 19th July**  
**6pm-8pm**

**Summer Festival**  
**Wednesday 10th August**  
**3pm-8pm**

**Dance Lab**  
**September**  
**TBA**



# Get more involved with your local community

## What is community?

A community is a group of people who share the same interests and live in the same geographical location. Strong communities are very important because they give the people in them a sense of belonging and form strong social connections.

Getting involved with your community can improve your mental health and help you form strong bonds with other people. The community can also help you gain connections with people who are part of local government or people involved with environmental and other worthwhile projects

## How can I get involved?

Volunteering with a local organisation such as an animal rescue centre or a retirement home in your area is a great way to show support and give back to the community.

Join a local class or group in your area -this could include things such as a fitness based class, or a hobby like gardening or sewing.

Shop locally and attend local markets if you can-this puts money back into the local community and you could end up with a great, one of a kind find or a tasty homemade snack!

## Where can I find community?

Community can be found in various places, please see below for a list of places where communities can be formed.

- Support Groups
- Places of worship such as a church or mosque
- Advocacy or interest groups
- Book clubs
- Sports leagues
- Your children's school



## Online Communities

Communities can also be formed online, these are great for people to join if they have less time during the day or just feel more comfortable about getting involved online than in person.

Social media is a great way to support your local community, you can follow your local council and government and get involved with online surveys, polls, and video chats, where possible. These are great opportunities to change the area you live in and the wider community.

Often people in online communities communicate through social networking sites, chat rooms, forums, email lists, and discussion boards, these are usually open to all who wish to be involved and often have the advantage of being accessible to individuals with disabilities who may not be able to be involved physically.

**Whichever way you get involved in your local community, you make a real difference to local people.**